Food Bytes

Smart Snacks in School

The Healthy, Hunger-Free Kids Act required the U.S. Department of Agriculture to create nutrition standards for all foods sold in school (school meals and all other foods and beverages) to students. The standards allow schools to offer healthier snacks, while limiting junk food. Smart snacks focus on fruit, veggies, whole grains, dairy and protein foods and limit calories, fat, sugar and salt.

N.C. State Board of Education policy (TCS-S-000) does not allow the sale of competitive foods to students from 12:01 am until after the cafeteria closes for the day. Competitive foods are foods sold in competition with the school breakfast or lunch program. If available, students might choose to buy these competitive snack/beverage options instead of a school meal. School meals are a healthy, convenient choice for students. Based on new standards, school meals offer more fruits, veggies, legumes, whole grains and low fat or fat free milk and less sodium and fat in right-size portions for students.

Smart school meals and snacks can help students build healthy habits for a lifetime.

Nutrilink: To find out more info about school meals and snacks, visit: http://childnutrition.ncpublicschools.gov.

Menus for December 2015

	Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4
Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25
Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31	

December

- Pear Month
- Handwashing Week (1st week in December)

Sources: www.fns.usda.gov, www.ncpublicschools.org